



SPRING 2012 SPECIALTY GROUP FITNESS

Spring Session: March 26 - May 19 • Registration Deadline: March 24
Member Cost: \$80 per session • Non-Member Cost: \$96 per session
Minimum Class Requirement: 5



SPRING SPECIAL:

Register for your first class at regular price and receive \$10 off each subsequent class you register for by March 24!

Limited to the classes listed below. Not valid with any other offers or promotions.

TRX Suspension Training

Mondays at 6:30 pm with Cindy

Tuesdays at 7:30 am with Elly

Tuesdays at 9:15 am with Beth C.

Wednesdays at 6:30 pm with Monica

Thursdays at 4:15 pm with Kristin H.

Fridays at 9:15 am with Beth C.

Saturdays at 8:15 am with Cindy

Saturdays at 9:15 am with Cindy

TRX is a suspension system which was originally used by the Navy Seals. It is a type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility and core and joint stability, all while preventing injury. Everything you do with TRX challenges your core. By using your own body weight and gravity you are able to adjust to your own personal fitness level just by walking yourself closer or further away from the anchoring point.

Tai Chi

Wednesdays at 7:30 a.m. with Cindy

Come try this form of Chinese Martial Art known as "moving meditation." You will learn the basic Tai Chi postures with a focus on breath and healing practices. Come relax, enjoy and have fun in the Chinese tradition.

Outdoor Bootcamp

Saturdays at 9:00 a.m. with Monica

Looking for structure, motivation and a results driven workout to boost your level of fitness?? Then this class is for you! You will do full body toning, agility exercises and calorie burning cardio drills. If you are ready for the challenge, check it out!

FREE OUTDOOR BOOTCAMP DEMO:

Join Monica on Saturday, March 17 at 9:00 am for this free demo. Dress to get dirty and work hard! Please visit the Front Desk to sign up.

Flow Yoga in the Water

Level 1 - Thursdays at 9:00 a.m. with Monica

Level 2* - Thursdays at 8:00 am with Monica

Come explore a new environment for practicing yoga – one that ASSISTS, RESISTS, and SUPPORTS your own movements. Because of the unique properties of water, people of all fitness levels can safely enjoy and benefit from yoga, in the water.

Aqua Bootcamp

Level 1 - Tuesdays at 9:00 a.m. with Monica

Level 2* - Tuesdays at 8:00 a.m. with Monica

Like Outdoor Bootcamp... only in the water!! You will work on aerobic and strength improvement through shallow water, deep water and moving water.

***Must have taken Level 1 or have permission from instructor**



Town of Warrenton Parks & Recreation Department